

{k0} - Meu código de bônus bet365

Autor: symphonyinn.com Palavras-chave: {k0}

This is a creative way to use up egg whites that isn't a pavlova. And it includes blackberries, which I always think are one of the last gifts of summer. This blackberry parfait is strikingly beautiful, so much so that it can be served simply on its own (either in scoops, or set in a loaf tin and sliced) or with a few extra fresh blackberries on the side for sharpness and a plate of these thyme shortbreads.

Parfait de blackberries con cortadas de tomillo

You will need a sugar thermometer for this recipe.

Prep: **25 min**

Cook: **35 min**

Chill/rest: **20 min**

Freeze: **Overnight**

Serves: **6**

For the parfait

150g blackberries

90g egg whites (from 3 medium eggs)

160ml double cream

150g caster sugar

For the thyme biscuits (makes 12)

280g plain flour

A pinch of flaky salt

120g salted butter, cold and cubed

130g caster sugar, plus more to finish

3 sprigs of thyme, leaves only

2 egg yolks

12 skin-on almonds

Fresh blackberries, to serve

Blend the blackberries until smooth (it's fine to keep the seeds in). In the bowl of a stand mixer (or using a bowl with an electric whisk), whisk the egg whites until frothy and thick. Whip the double cream in a separate bowl.

In a small saucepan, warm the caster sugar with 70ml water. When the syrup reaches 115C, quickly go back to the egg white bowl and whip again at high speed. When the syrup reaches 121C, carefully pour it down the side of the bowl into the egg whites (avoid pouring it on to the whisk), then whisk again until the mixture has cooled. You have now made Italian meringue.

In a large bowl, fold together the blended blackberries, the Italian meringue and the whipped double cream a third each at a time, until completely combined. Pour the mixture into a container with a lid and freeze overnight.

For the shortbread, heat the oven to 180C (160C fan)/350F/gas 4. Line a baking tray with greaseproof paper.

In a bowl, combine the plain flour and salt. Using your fingers, rub in the butter until the mixture resembles breadcrumbs. Stir in the caster sugar and thyme leaves, followed by the egg yolks. Bring the dough together with your hands, adding a splash of water if needed.

Rest the dough in the fridge for 20 minutes, then divide it into 12 equal pieces and rolling each one into a small ball. Arrange these spaced out on the prepared baking tray, press an almond into

the middle of each one, and sprinkle with a little sugar. Bake for 20 minutes, or until golden brown. Cool completely.

Serve a scoop of blackberry parfait with a shortbread alongside, and garnish with fresh blackberries.

Partilha de casos

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Expandar pontos de conhecimento

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For the shortbread, heat the oven to 180C (160C fan)/350F/gas 4. Line a baking tray with greaseproof paper.

In a bowl, combine the plain flour and salt. Using your fingers, rub in the butter until the mixture

resembles breadcrumbs. Stir in the caster sugar and thyme leaves, followed by the egg yolks. Bring the dough together with your hands, adding a splash of water if needed.

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Informações do documento:

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Referências Bibliográficas:

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